

Student Lab Reading Assignments

"Yeast Bread Cures," BCC pg. 83

Convection Cooking Tips Handout

Link to pictures of recipes for the Bread Lab

<http://byufoods.blogspot.com/2008/01/breads.html>

Student Recipes – BREAD LAB

The purpose of this lab is for students to prepare yeast breads and to watch demonstrations using a bread machine and a frozen yeast bread product.

Kitchen 1	Dilly Bread
Kitchen 2	Calzones
Kitchen 3	Focaccia Bread
Kitchen 4	Quick Cinnamon Rolls
Kitchen 5	Quick Whole Wheat Batter Bread and Honey Butter
Kitchen 6	Pretzels
Kitchen 7	Classic White Bread and Raspberry Butter

To Make a Proofing Oven (speeds things up):

For BYU classroom lab proofing, if you must "cheat" on one of the rising times because of timing, it is better to cut the first rising time short.

1. Put boiling water in an oven-safe cereal bowl on the floor of the top oven (small oven). You will need the large oven (preheated) for baking.
2. Turn oven to 175°.
3. When oven has heated, TURN OVEN OFF, and put prepared dough (oiled and placed on a greased plate (for our top BYU small oven) in oven.
4. Remove the bowl of water from the oven for baking. NOTE: Once you take the dough out of the proofing oven, it will continue to rise.

HINTS

- Use hot tap water at BYU – our water temperature (120°) will not kill the yeast by the time you combine the other ingredients.
- Warm your flour in the microwave before adding it to the recipe. Zap it for 15 seconds at a time until it is warm to the touch.
- Warm a cold egg in hot tap water before cracking and using in your bread.
- Prepare your top oven as a proofing oven as soon as you come to lab.
- Preheat your bottom oven for baking as soon as you come to lab.
- Make sure that you are using Fast Rise Yeast or Instant Yeast for these recipes.
- Use shortening (not vegetable oil spray) to prepare your pans for baking breads.

Teacher Demonstration in Lab: **ExpressBake Cinnamon Raisin Bread**

¾ cup + 2 Tablespoons very warm water (120° to 130°)

1 egg

1 ½ Tablespoons butter or margarine

1 teaspoon salt

2 Tablespoons sugar

1 ½ Tablespoons skim milk powder
3 cups all purpose flour
1 ½ teaspoons ground cinnamon
1/3 cup raisins
4 teaspoons quick rise yeast

1. Carefully measure hot water to make sure it's between 115 and 125 degrees.
2. Measure and add liquid ingredients to the bread pan.
3. Add remaining ingredients, except yeast, to bread pan. Form a well in flour.
4. Put yeast in well, making sure it doesn't touch any liquid.
5. Snap bread pan into bread maker. Close lid.
6. Select ExpressBake 58 minute setting and press start button.

Teacher Demonstration in Lab: **Cinnamon Apple Crumble**

1 package Rhodes Anytime!™ Cinnamon Rolls, thawed (it is easiest to work with slightly cool rolls)

1 can (21 oz) apple pie filling

Topping:

½ cup sugar
1 cup flour
½ cup butter, softened

1. Remove thawed cinnamon rolls from package and place on a cutting board. Cut into bite-sized pieces.
2. Cut apples in pie filling into smaller pieces.
3. Combine cut up rolls and apple pie filling.
4. Place cut up rolls and pie filling in a greased 9x13 pan.

For topping:

1. Combine sugar and flour.
2. Cut in butter until mixture is crumbly.
3. Sprinkle over rolls and apple pie filling.
4. Bake at 350°F 40-45 minutes.
5. Top with frosting packet from cinnamon rolls, if desired, before serving.

Focaccia Bread (adapted from BCC, pg. 90)

2 ½ to 3 cups bread flour
1 tbsp dried rosemary leaves, crumbled
1 tbsp sugar
1 tsp salt
1 package regular or quick active dry yeast (2 ¼ tsp)
5 tbsp olive oil, divided
1 cup very warm water (120° F to 130° F)
¼ cup grated parmesan cheese
Cornmeal

Preheat large oven to 400 degrees.

1. In KitchenAid bowl and with flat beater, mix 1 cup of the flour, the rosemary, sugar, salt, and yeast. Add 3 tbsp oil and the warm water. Beat with electric mixer on medium speed 3 minutes, scraping bowl frequently. Stir in enough remaining flour until dough is soft and leaves sides of bowl, switching to dough hook near the end.
2. Using dough hook, knead 5 to 8 minutes or until dough is smooth and springy. Grease large plate with shortening. Place dough on plate, turning to grease all sides. Cover plate loosely with plastic wrap and let rise in proofing oven about 20 minutes or until dough has almost doubled in size. Dough is ready if indentations remain when touched.
3. Generously sprinkle a cookie sheet with cornmeal.
4. Gently push fist into dough to deflate. Divide dough in half. Shape **each** half into a 6- to 8-inch round (about 1" thick) piece on the cookie sheet. Cover loosely with plastic wrap lightly sprayed with cooking spray and let rise in proofing oven about 10 minutes or until dough has doubled in size.
5. **Gently** make ½-inch deep depressions about 2 inches apart in dough with fingers. This is done to add a decorative surface to the top of your bread. Carefully brush with 2 tbsp oil; sprinkle with cheese. Bake at 400 degrees for 15 to 20 minutes or until golden brown. Serve warm or cool *with a bit of olive oil and balsamic vinegar for dipping.*

Calzones The dough for this recipe is the one we used for quick breadsticks and pizza crust.

2 ½ cups very warm water (120° to 130°)
 2 tablespoon yeast
 ¼ cup sugar
 1 teaspoon salt
 6-7 cups bread flour
 3 c. part skim Ricotta cheese
 3 cups shredded Mozzarella cheese
 12 oz. finely chopped cooked ham
 1 tablespoon dried oregano leaves
 2 green peppers, chopped
 1 small onion, chopped
 2 tablespoons olive oil
 1 jar (28 oz) spaghetti sauce for dipping

1. In your Kitchen Aid bowl, dissolve yeast in warm water.
2. Add sugar, salt and 6 cups flour, using flat beater.
3. Mix to form dough. If more flour is needed, add enough until dough no longer sticks to bowl. Mix about 3 minutes, using dough hook. Let dough rest for 10 minutes on a greased plate, loosely covered with plastic wrap in proofing oven.
4. Meanwhile, mix cheeses, ham and oregano in a bowl.
5. Heat olive oil in skillet over medium heat. Add pepper and onion and sauté until soft and onion becomes translucent.
6. Form dough into 11 balls. Roll each ball into a circle.
7. Place a portion of cheese filling and vegetable mixture in center of circle.
8. Fold circle and seal with water and fork.
9. Place on a baking sheet. Continue to form remaining calzones. Pierce each calzone once on top with a fork for venting.

10. Let rest another 10 minutes in proofing oven.
11. Bake at 375 degrees on convection setting (lower oven) for 20 minutes. On the convection bake setting, you can bake all pans in the same oven at the same time; just place on separate racks.
12. Cut calzones in half for serving, heat spaghetti sauce and serve with warm calzones.

Pretzels

4 teaspoons yeast
 1 teaspoon sugar
 1 ¼ cups warm water
 3 ½-4 ½ cups bread flour
 ½ cup sugar
 1 ½ teaspoons salt
 1 tablespoon vegetable oil

4 cups water
 ½ cup baking soda
 kosher salt for sprinkling

1. In a small bowl, dissolve yeast and 1 teaspoon sugar in warm water. Let stand about 10 minutes.
2. In your KitchenAid bowl, combine 3 ½ cups flour, ½ cup sugar and 1 ½ tsp. salt. Make a well in the center; add the oil and yeast mixture. Mix with dough hook. Add more flour if dough is too sticky. Knead 3-4 minutes.
3. Cover dough with plastic wrap, and set in on a greased plate in proofing oven to rise until it has doubled in size, approximately 30 minutes.
4. Gently punch down dough. Before shaping, start preheating the oven to 425 degrees, using convection bake setting.
5. Cut the dough into 12 pieces. Roll each one until it's about 15-inches long and the thickness of your finger. Twist each into a pretzel.
6. Mix water and baking soda. Bring to a boil.
7. Dip each pretzel in boiling soda water for 5 seconds. Place on greased baking sheet, lightly sprinkle with kosher salt and bake for 8-10 minutes. Cut each pretzel in half before serving. Serve with mustard.

Quick Cinnamon Rolls (Adapted from the Friend Magazine of the Church of Jesus Christ of Latter-day Saints)

1/3 cup sugar
 3 tablespoons yeast
 ½ cup oil
 1 ¼ cup warm water
 2 beaten eggs
 1 ½ teaspoon salt
 4 ¾ - 5 ¼ cups bread flour
 ¼ cup melted butter or margarine
 1 ½ teaspoon cinnamon
 ½ cup sugar
 ½ cup walnuts, optional

¾ cup raisins, optional

1. In KitchenAid bowl, using flat beater, mix 1/3 cup sugar, yeast, oil and warm water until dissolved.
2. Cover and let stand in proofing oven for 15 minutes.
3. Blend eggs into yeast mixture.
4. Combine flour and salt in separate bowl.
5. Gradually add flour/salt mixture to yeast mixture. Mix well, switching to kneading hook when dough gets stiff. Knead for 5 minutes.
6. On a lightly floured surface, roll into rectangle shape (18 inches x 24 inches), about ¼ inch thick. Brush with melted butter or margarine, then sprinkle with cinnamon, sugar, nuts and raisins.
7. Roll rectangle tightly, beginning on long side and pinching edge of dough to seal. Stretch and push the roll to make sure that the all sweet rolls will be the same diameter.
8. Cut into 1-inch slices with dental floss. Place the dental floss under the roll, then wrap up and over to cut the dough. Place slightly apart on two un-greased jelly roll pans and let rest in 2 proofing ovens for 10 minutes. Use top oven from the whole wheat batter bread kitchen in addition to your top oven.
9. Bake at 400 degrees on convection bake (lower oven) for 10-15 minutes. On the convection bake setting, you can bake all pans in the same oven at the same time; just put them on separate racks. Allow to cool slightly then frost.

Frosting:

½ cup butter, softened
2 teaspoons vanilla
2 tablespoons milk
2-4 cups powdered sugar

1. Cream butter, vanilla and milk.
2. Add powdered sugar until desired thickness is reached.
3. Beat until light and fluffy.

Quick Whole Wheat Batter Bread

2 ½ cups hot water
1 tablespoon yeast
1/3 cup oil
1/3 cup honey
2 teaspoons salt
4 ½ to 5 cups whole wheat flour
1 tablespoon butter to use on the top of the baked bread

1. In a large bowl, dissolve yeast in hot water.
2. Preheat oven to 250 degrees.
3. Add oil, honey, salt, and half of flour to yeast and water. Mix with flat beater attachment.
4. Add enough of remaining flour to make a thick, sticky batter. Yes, the dough is really sticky.
5. Knead well (at least 5 minutes in your KitchenAid mixer).

6. Place dough in two well-greased loaf pans. Put pans in warm oven. TURN OVEN OFF.
7. Let loaves sit in warm oven for 20 minutes.
8. With loaves still in oven, turn oven to 350 degrees.
9. Set timer for 30 minutes. Remove bread from oven when timer goes off. If loaves aren't nicely browned, bake for an additional 3-5 minutes.
10. Brush with butter and remove from pans to cool. Makes 2 loaves.
11. Slice with electric knife to serve.

Honey Butter

½ cup butter (not margarine), softened

½ cup honey

¼ teaspoon vanilla

1. Using wire beater on KitchenAid mixer, whip butter until light, up to 10 minutes.
2. Gradually add honey and vanilla.
3. Serve with warm bread.

Classic White Bread (adapted from BCC, pg. 83)

6-7 cups bread flour

3 T sugar

1 T salt

2 T shortening

4 ½ teaspoons regular or quick active dry yeast

2 ¼ c very warm tap water

2 T butter or margarine, melted, if desired

1. In your KitchenAid bowl, stir 3 ½ cups of the flour, the sugar, salt, shortening and yeast until well mixed. Add warm water. Beat on medium speed 1 minute, scraping bowl frequently. Stir in enough remaining flour, 1 cup at a time, to make dough easy to handle.
2. Put on kneading hook and knead about 5 minutes or until dough is smooth and springy. Grease large bowl with shortening. Place dough on a greased dinner plate, turning dough to grease all sides. Cover plate loosely with plastic wrap and let rise in proofing oven 20 minutes or until dough has doubled in size.
3. Grease bottoms and sides of three 8x4 or 9x5-inch loaf pans with shortening or pan spray.
4. Gently push fist into dough to deflate. Divide dough into thirds. Flatten each dough portion with hands or rolling pin into 18x9-inch rectangle on lightly floured surface. Roll dough up tightly, beginning at 9-inch side/ {press with thumbs to seal after each turn. Pinch edge of dough into roll to seal. Pinch each end of roll to seal. Fold ends under loaf. Place seam side down in pan. Brush loaves lightly with butter. Cover loosely with plastic wrap and let rise in proofing oven 20 minutes or until dough has doubled in size.
5. Move oven rack to low position so that tops of pans will be in center of oven. Heat oven to 425 degrees.
6. Bake 20-25 minutes or until loaves are deep golden brown and sound hollow when tapped. Remove loaves from pans to wire rack. Brush loaves with butter; cool.
7. Slice with electric knife to serve.

Raspberry Butter

½ cup soft butter

½ cup raspberries, crushed

1 Tbsp. sugar

1. Using wire whisk on KitchenAid, beat butter on high speed until fluffy, up to 10 minutes. Scrape the bowl occasionally.
2. Add raspberries and sugar.
3. Continue to beat, scraping bowl occasionally with a rubber scraper, until well mixed, up to 10 additional minutes.

Dilly Bread

2 ¼ teaspoons yeast

¼ cup warm water

1 cup cottage cheese, creamed in blender and heated to lukewarm

2 tablespoons sugar

2 tablespoons dry onion flakes

2 tablespoons dill weed

¼ teaspoon baking soda

1 teaspoon salt

1 egg

2 ¼-2 ½ cup bread flour

Melted butter

1. Soften yeast in warm water.
2. Combine all other ingredients except flour. Mix well with flat beater. Add flour and mix well.
3. Dough will be thick and sticky.
4. Turn dough into a greased plate and cover with plastic wrap. Put in proofing oven and allow to rise 20 minutes.
5. Gently deflate dough.
6. Turn dough into a well-greased 8-inch round ceramic casserole dish. At BYU we have a white one that works well.
7. Let rise in proofing oven until light, about 20 minutes.
8. Bake at 325 degrees for 30-35 minutes. If you are using a glass or ceramic baking dish you will have to make the necessary adjustments to oven setting and timing.
9. When done, brush with melted butter.
10. Slice with electric knife to serve.